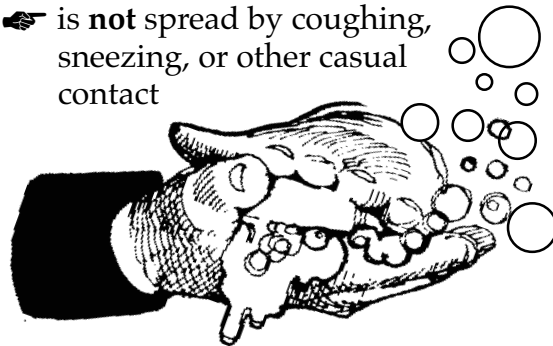


HEPATITIS A CAN BE PREVENTED!



Hepatitis A

- ☞ is a disease of the liver
- ☞ is spread by feces (stool)-to- mouth contact from:
 - unwashed hands
 - uncooked food (including shellfish)
 - anal-oral contact
- ☞ is commonly spread in:
 - families
 - child-care centers with diapered children
 - jails
 - shelters
 - other institutions with diapered persons
- ☞ is common in places lacking safe systems for sanitation of water and food
- ☞ is **not** spread by coughing, sneezing, or other casual contact



Signs and Symptoms

- fatigue
 - mild fever
 - flu-like illness
 - nausea and vomiting
 - stomach ache
 - loss of appetite
- ☞ Some people have:
- no symptoms at all
 - yellow eyes and skin (jaundice)
 - dark urine
 - light-colored stool

Treatment

- doctor visit
 - rest
 - plenty of liquids
 - no beer, wine, or liquor
 - no “pot” or other drugs
- ☞ Antibiotics and other medications do not help because hepatitis A is caused by a virus.

Prevention

- ☞ Wash your hands well after using the bathroom, before touching food or drink, and after changing a baby’s diaper.
- ☞ Do not let anyone who has hepatitis A make or serve food for you or your family.
- ☞ If you live or have close contact with someone who has hepatitis A, ask your local health department or physician if you need an immune globulin (IG) shot.
- ☞ There is a vaccine (2 doses six months apart) for persons 2 years old or older. Get the vaccine if you:
 - live in or travel often to a country where hepatitis A is common
 - are a child living in an area where hepatitis A vaccine is recommended
 - use street drugs
 - are a man who has sex with other men
 - have chronic liver disease or a blood- clotting disorder